



BY APPOINTMENT

The Baby

A Guide for Mothers

**Best Food
Management
Ailments**

15th EDITION

Savory & Moore Ltd.

**Chemists to THE KING
And H.R.H. THE PRINCE OF WALES**

143 New Bond Street, London

SAVORY & MOORE'S FOOD

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143 New Bond Street, London.

Belgravia Branch
29 Chapel Street, S.W. 1.

Hyde Park Branch
1 Lancaster Gate, W. 2.

1924



This happy family were all brought up from birth on Savory & Moore's Food.

All the children whose photographs appear in this booklet were brought up on Savory & Moore's Food

INTRODUCTION

THIS little book is intended to act as a guide for mothers on the subject of Infant Feeding and Management. In addition to useful information on the treatment of Infants, and the properties of foods in general, it contains an account of Savory & Moore's Food which will have a special interest for all those who use it. Many editions of the book have already been published, and by parents and nurses alike it has been greatly appreciated. It has been carefully revised and brought up-to-date, and it is believed that in its present form it will prove of still greater usefulness.

Importance of Right Feeding of Infants.—It is hardly possible to over-estimate the importance of the subject. The happiness of the home and the welfare of the whole race depend upon the well-being of the infant community. The question of feeding is the first to be considered and the most important. It is far more important for an infant than for an adult, especially during the first year, when so much care and attention are needed. An insufficiently nourished infant cannot possibly thrive, and is poorly equipped to withstand the ailments of infancy, besides being a constant source of anxiety. On the other hand, a well-nourished, healthy baby is a perpetual satisfaction to its parents and a never-ending source of happiness in the home.

Mother's Milk best where Possible.—The best food for an infant is first and foremost mother's milk, provided of course the mother's health allows her to nurse her child, and so long as the milk can be maintained of good quality. The increase in weight of the infant (see table on page 30) will indicate whether the child is receiving sufficient nourishment and is making satisfactory progress.

Many Mothers Unable to Nurse their Children.—There are, however, many mothers who cannot, and should not, nurse their babies. A little consideration will show how inimical modern conditions of life are to the maintenance of sufficiently nourishing milk amongst mothers of certain classes. Some, with their social and other engagements, cannot possibly fulfil properly their maternal functions. Other mothers are obliged by force of circumstances to pursue occupations which unfit them for the discharge of maternal duties. The attempt to nurse her baby on the part of a mother who is not capable of doing so will be injurious to her own health and the child's.

Necessity for Artificial Feeding.—Failing, therefore, the diet that nature has provided under natural conditions, some kind of artificial feeding is the only resource; and although one hears in certain quarters an outcry against all artificial foods, good and bad alike, we have the authority of an eminent children's doctor for stating that, when the right food is chosen, artificial feeding is absolutely safe and satisfactory. Many a half-starved, puny baby, fed at the mother's breast, improves at once when a reliable artificial food is given.

ELEMENTS NECESSARY IN A FOOD FOR INFANTS

Common sense dictates that, in artificial feeding, the nearer we approach the composition of mother's milk the more nearly we reach the ideal standard. Let us see what are the essential elements of such a food.

First, Protein.—First comes the nitrogenous element, or "protein," as it is called. This is used for the structure of brain, nerve, and muscle; it goes to form protoplasm, the centre of life and energy, and it is essential to every vital process. Without it every function of the body languishes and dies. When not supplied in sufficient quantities, the child becomes flabby and soft of muscle, pallid and feeble, with a loss of all disease-resisting power.

Second, Fat.—Second in importance comes "fat," which is stored up in the body and serves as fuel to keep it warm. It also enters into the structure of tissue, especially of brain and nerve-cells. A deficiency of fat in an infant's food is one of the chief causes of rickets. It may be supplied directly as fat, or may be manufactured in the body from the third important ingredient, known as "carbohydrate."

Third, Carbohydrates.—Thirdly, the carbohydrates. These, in a proper diet, are represented by milk sugar, malt sugar, and dextrin. They, even more than fat, spare the proteins, and, by being themselves utilised for supplying energy, allow the proteins to be used for the important function of repairing tissue waste. As cow's milk is less rich in fat than mother's milk, it is always necessary to have a sufficient supply of carbohydrate to make up the deficiency.

Fourth, Mineral Elements.—Fourthly come the mineral elements. Of these, the phosphates, which are essential for the formation of bones and teeth, are the most important. These, to be properly available, must

be in the form of organic compounds as they are found in milk, corn, meat, &c., and not as mere added chemicals.

A distinguished physician has lately pointed out that the decay of teeth depends upon the condition of the body as a whole, especially of the nervous system, and that teeth are bound to be bad if there are not sufficient phosphates in the food. "You can no more expect a child," he says, "to have strong teeth if these substances be absent, or deficient, than you could expect a hen to lay eggs with well-formed shells when it is not supplied with lime in its food."

The Vitamins and Enzymes.—There remain certain highly important "accessory food factors," the nature of which has only recently been discovered, the Vitamins and Enzymes. These are essential for the health and nutrition of both infants and adults, and provide those valuable elements which promote proper growth and prevent scurvy and rickets. They are present in minute quantities in most common articles of food, in fresh new milk, for example, also in Savory & Moore's Food, and this is undoubtedly one reason why infants brought up on the Food (which should always be made with fresh milk, as directed) thrive so well and are free from many infant ailments. When the food is deficient in these elements children pine and become thin and pinched, and the terrible diseases scurvy and rickets are apt to develop. Experiments show that animals deprived of vitamins in their food show immediate signs of exhaustion, and are unable to survive for more than a few days.

From these considerations the importance of including fresh milk in some form in an infant's diet will be obvious.

Mother's Milk and Cow's Milk.—Of natural foods the nearest approach to the standard we have been considering—viz., mother's milk—is the milk of the cow. Cow's milk, however, differs from mother's milk in containing more protein and less fat (cream). This protein is, in the case of cow's milk, thrown out in the stomach in large, tough, indigestible curds, whereas in

mother's milk it is precipitated in a state of fine division, and is therefore much more easy of digestion. Goat's milk is about equal in quality to cow's milk, but gives, like cow's milk, a coarse, heavy, indigestible curd, which is prone to cause vomiting and purging.

The difficulty in digesting the curd of cow's milk is the cause of most of the troubles that mothers experience in rearing their infants on an artificial diet. To obviate this difficulty, in the case of young infants, cow's milk is generally diluted with water. Dilution may somewhat assist its digestion, but it reduces the proportions of the necessary constituents below the standard of mother's milk; and for a time, until the digestive organs get stronger and a larger proportion of milk can be given, a baby is dangerously underfed. It is not possible to give more of the mixture of milk and water, as the quantity is regulated by the capacity of the baby's stomach. You can no more get into a tiny stomach which has a capacity of from one-and-a-half to two fluid ounces, and can only be filled every two hours, enough nourishment in the shape of diluted cow's milk, than you can get a quart of fluid into a pint measure.

The disadvantages of cow's milk are completely overcome by the use of Savory & Moore's Food. It renders the curd easy of digestion, and provides the necessary bone and teeth-making salts which are dangerously lessened in quantity when the milk is diluted with water.





The twin daughters of Mrs. Collett.

SAVORY & MOORE'S FOOD

Its Origin.—Messrs. Savory & Moore, Chemists to The King, and makers of the Food that bears their name, have been established in their present premises in New Bond Street since the year 1796. The Food was originated many years ago by Mr. John Savory, a medical man, in conjunction with Baron Liebig, one of the greatest authorities on foods.

Since those days its use as an Infants' Food has become general and has been attended with excellent results. Parents in every station of life and in all parts of the world are now bringing up their babies on Savory & Moore's Food, and the excellent health they enjoy affords the best possible proof of its value. The Food has at various times been supplied, by Special Commands, for use in most of the Royal Nurseries of Europe, which means that it has met with the approval of the most eminent medical men of the day.

Many infant foods have been devised since Savory & Moore's Food was originated, but it still maintains its position in the foremost rank of infant foods, and its value is more firmly established than ever. It is generally regarded as a Food that may be thoroughly relied upon in all circumstances. It is esteemed not only by the general public but by nurses and medical men, many of whom are bringing up their children upon it.

Its Composition.—Savory & Moore's Food is a malted and cooked food prepared upon Baron Liebig's principles. Made as directed, it provides all the food materials which are required for building up the body—Protein, Fat, Carbohydrates, and Mineral elements. It makes firm flesh, strong bones, and sound teeth, and provides for brain, nerve, and muscle as well. Savory & Moore's Food makes the cow's milk added

to it quite easy of digestion; at the same time it adds valuable nutriment which cow's milk does not in itself possess. Finally, the highly important "accessory food factors" are present. These elements, as previously explained, promote growth, prevent rickets and scurvy, and are essential for the well-being of children and adults.

Savory & Moore's Food does not contain any "dried" or preserved milk, in which the antiscorbutic properties are diminished. Nor is it predigested. So important a function as digestion, with infants, should not be trifled with. A child nursed by its mother has to exercise its digestive powers from the first, and it is a dangerous procedure to keep these powers inactive. Savory & Moore's Food allows of the proper exercise of the child's digestive powers, which is so necessary for their development, without imposing too great a strain upon them.

The following table of comparative nutritive value in percentages, based upon analysis, shows how closely Savory & Moore's Food, when prepared for use as recommended, approximates to mother's milk. The composition of a mixture of barley water and milk of the strength usually given to young babies from birth is also shown. It will be seen how deficient the latter is in nutritive value. It is a starvation diet for children.

	Fat.	Proteins.	Soluble Carbo- hydrates (chiefly lactose).	Starch (cooked).	Mineral Constituents (phosphates, etc.).
Human Milk ..	3.5	2.0	6.5	—	0.31
Savory & Moore's Food	3.5	2.1	6.8	0.3	0.39
Barley Water and Milk, equal parts }	1.8	1.8	2.3	{ 0.75 to 1.75 }	0.43

Good Results Attending its Use.—Babies fed on Savory & Moore's Food are characterised by their healthy, contented appearance. They make rapid progress and are reared without trouble. They put on firm flesh, increase normally in weight, cut their teeth without trouble, develop proper muscular strength, sleep well, and are remarkably free from infant ailments, such as sickness, diarrhœa, and constipation.

Especially noticeable is the improvement that takes place, directly Savory & Moore's Food is given, in the condition of delicate or ailing infants, that fail to thrive on ordinary foods. The very first meal is digested, fretfulness gives place to satisfaction, with quiet, regular hours of sleep, vomiting and diarrhœa cease, the child improves marvellously in appearance, and becomes bright-natured, happy, and contented.

It not only supplies the present needs of a growing child, but lays the foundation of future health and strength, a consideration which should surely not be overlooked. Many of the ailments of adults, and sometimes such troubles as bad teeth and indigestion, arise from improper feeding in infancy.

Scientifically Produced.—Savory & Moore's Food is manufactured wholly upon the firm's premises. The factory is a modern building, well ventilated and lighted, and equipped with the latest appliances. From first to last the Food is entirely untouched by hand, and every detail of its manufacture is carried out under the personal direction of members of the firm. There are no separate grades. It is only necessary to prepare the Food carefully as directed to meet the requirements of infants of every age and condition.

An Economical Food.—An important point in connection with Savory & Moore's Food is its economy. It is inexpensive, it is easy to make, and there is no waste. It is in fact a food which even the poorest parent can afford to use, and evidence in support of this statement is frequently forthcoming.

Honours Awarded.—At exhibitions which have been held from time to time in the various capitals of Europe, Savory & Moore's Food has won many successes. Medals for the Food were awarded at Paris in 1867 and 1878, at London in 1862 and 1884, and at the Brussels Exhibition of 1910 Savory & Moore's Food received the Diploma of Honour. To-day the Food is used in every country of the world, and it is suitable for very varying conditions of climate. In particular, parents constantly testify to its value as a diet for infants reared in the trying climate of India and in the tropics. Its success is due wholly to merit. Those who use it are so pleased with the results that they invariably recommend it to their friends. And it is interesting to note that many parents who were themselves brought up on it are now bringing up their own children upon it.

TESTIMONY

The strongest evidence in favour of Savory & Moore's Food is the testimony of those who use it—testimony which is quite spontaneous, and the outcome of gratitude for the excellent results that have been obtained. Medical men and nurses, as well as mothers, constantly write to express their appreciation of the Food. If all the appreciative letters that have been received during a long course of years were bound they would form a little library of themselves. They arrive every day from all parts of the world. Some of them are published separately and form a little **BOOK OF TESTIMONY** of unusual interest. It will gladly be sent free to all who write for it. Our space only allows us to publish a few letters here, but these may serve as examples.

From Birth

"I really think it is my duty to let you know what your Food has really done. Our baby is at present seven months old, and *from the day she was born she has been fed entirely on your food.* She has never had a day's illness or suffered from any complaint whatever."

John Rogers,

52, Frodsham Street, Higher Tranmere, Birkenhead.

Succeeds where others fail

"I am very pleased to say that your Food has worked wonders for our baby. *We had tried every food on the market*, with no success, and the baby was slowly getting worse. He could not keep anything down, but since we have given him your Food he has gained on an average 8 oz. per week, and last week was a record, as he gained 11 oz. You can use this letter for whatever purpose you wish."

J. Haigh,
416, Canterbury Road, Gillingham, Kent.

"The very best Food a Child can have"

"I have given your Food to my little girl from four months old (she is now 3½ years). I think I never saw a more wholesome and healthy-looking child than she is. She has a splendid colour and lovely firm flesh. Even our doctor says when he sees her what a grand little specimen of childhood she is. I am quite convinced that it is the very best Food a child can have in every way. Amongst the children I have known personally I always find that those who have had your Food are by far the strongest and healthiest, and I always recommend it most enthusiastically."

Relief from Constipation

"I have great pleasure in informing you that I have given your Food to my little girl ever since you sent me the sample, with marvellous results. You will see from the photo what a fine child she is. *She was dreadfully constipated before*, but thanks to your splendid Food it freed her from it in less than a week. She is four months old, and the picture of health."

Mrs. W. Penny,
"Brackenmoor," Pikes Hill, Lyndhurst, Hants.

Successful in Diarrhoea and Sickness

"I am pleased to inform you that I am continuing the use of your Food for my little daughter. Previous to your Food *she had had in turn almost every food there is on the market*, but she had such fearful spells of sickness and diarrhoea that she did not get on at all, and I began to fear that she would never be any better. Since the use of your Food, however, she has had no sickness, no diarrhoea, and is putting on flesh. I am delighted with the result."

A. C., New Southgate, N.

Testimony from a Nurse

"I never miss the opportunity of recommending your Infants' Food, knowing, as I do from past experience, the value of it. In my work, when the question crops up as to what food is most suitable for infants, I always say, '*Be sure and get Savory & Moore's.*' It is the best I know of. I know a family of four children at whose births I have attended. They have all had your Food from a few months old, and stronger, healthier, or happier children one could not wish to see. What I particularly notice about the children that take your Food is that they have such sturdy legs, and all the flesh is so firm and healthy-looking. I have had over 20 years' experience with infants, and some experience with almost every kind of food on the market."

J. W., Manchester.

Savory & Moore's Food in India

A Lady writing from the United Provinces, India, says :—

"I have brought up two children in India on your Food, and they were *splendidly strong and never ill* as babies. The elder of the two was $4\frac{1}{2}$ years out here before going home, and she was just as strong and big when she went home as children who have lived only in England. The next child is $2\frac{1}{2}$ years old, and still has your Food two or three times a day. The baby started your Food when three weeks old, and is thriving. I always recommend it."

A Letter from Cape Town

"I should have written to you before to tell you how much I appreciate your Food for Infants. Your Food agreed with my little son immediately. He is now eighteen months old and weighs 34 lb. I have never had a doctor to him since his birth, and he has not had a teaspoonful of medicine. He has had no trouble with his teeth ; in fact, I do not know when he is cutting them until I see them through the gums. *A more contented, happy little chap it would be difficult to find.* I don't know what it is to have a disturbed night, as he sleeps the clock round from 7 p.m. to 7 a.m."

H. G. O'Reilly,

5, Stephen Street, Gardens, Cape Town, South Africa.

Testimony from Medical Men

"I have much pleasure in informing you that we have used your Food for our little daughter *since she was a week old.* She is now eight weeks old, and is the picture of a healthy, well-nourished, and thriving child. I may say that for years I have extensively recommended your Infants' Food in my practice with every satisfaction."

— — —, M.D.

" I consider your Infants' Food very good. *Two of my own children have done very well on it.* I have found children do well on your Food after several other makes have been tried without result."

_____, L.R.C.P., M.R.C.S.

" *I have brought up all my children on your Infants' Food,* and have prescribed it extensively in the course of a large practice for twenty years."

_____, M.D.

Quiet Nights

" I am truly thankful that I started your excellent Food for our son. Before taking Savory & Moore's Food *we could not sleep at night,* and we were becoming anxious as to the child's crying. Since taking your Food the child has made rapid progress, he has greatly increased in weight, and I am thankful to say we can put him to bed at 6.30 p.m. and he troubles us no more till 5 the following morning."

E. G. Vanstone,
29, Molesworth Terrace, Millbrook, near Plymouth.

For Nursing Mothers

" Since taking your Food (a pint morning and evening) *I have had an abundant supply of milk* which satisfies the child. He is growing rapidly and is very healthy. When he is weaned I intend to feed him on your Food entirely."

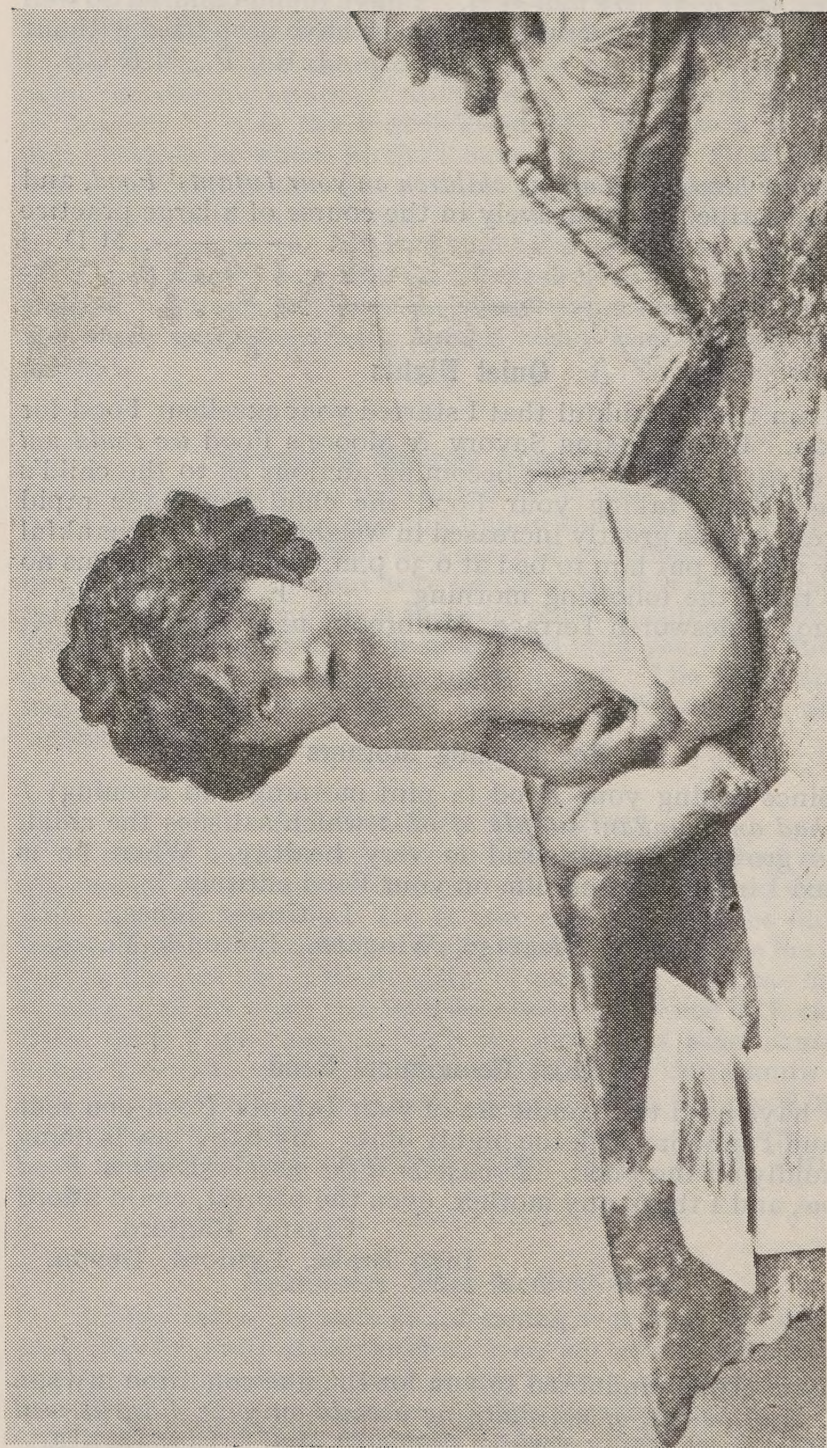
L. Gower Jones,
The Vicarage, Wingates, Bolton-le-Moors.

A Most Economical Food

" I have used the sample tin of your Infants' Food you sent me, and I cannot speak too highly of it. My baby boy is doing splendidly on the Food. *I consider it the most economical Food I know,* and I think any mother, even the poorest, could afford it."

Crystal Radford,
Ingo Brake, Lynford, Devon.

" I am greatly indebted to you for the fine condition my son is in, also *the cost of maintaining a child on your Food is well within the reach of any working people.*" Mrs. Arthur Davies,
60, Moy Road, Roath Park, Cardiff.



Quite happy though just a little shy.

OTHER FOODS

Predigested Milk.—The use of peptonised or predigested milk is not to be recommended except in cases where the digestion is exceedingly feeble, and then only for a time. Very delicate infants are sometimes unable to digest cow's milk under any conditions, and the only thing then to be done is to predigest or peptonise the milk. But the process is a troublesome one, and for this reason Messrs. Savory & Moore introduced some years ago a Peptonised Condensed Milk (see page 60) specially for use in cases of the kind. It only needs the addition of water to make it ready for use.

Where the use of peptonised milk becomes necessary it should never be suddenly discontinued. A good plan when the time for its discontinuance arrives is to replace a teaspoonful of the peptonised milk with a similar quantity of ordinary cow's milk. Continue this for a day or two. Then introduce, say, two teaspoonfuls of cow's milk in the place of a similar quantity of peptonised milk, and so on, until the cow's milk (properly diluted) takes the place of the peptonised milk. The addition of Savory & Moore's Food will then be found very advantageous.

It should be mentioned that Savory & Moore's Peptonised Condensed Milk is made at their special factory in the Aylesbury district, and from the richest and purest milk obtainable. It is absolutely sterilised, and free from preservatives other than pure sugar. Its use is not confined to children, but it is of great value for invalids and convalescents.

Dried Milk Foods.—Dried milk foods are the latest development of modified milk. They were hailed at first as a solution of all the difficulties of milk supply, and were eagerly taken up, in spite of former experience. But, as already explained, it is found that the process of drying impairs the scurvy-resisting element and constitutes a serious objection to their use.

In the feeding of infants fresh milk is of prime necessity. Facilities for obtaining milk of good quality are increasing day by day as people become more alive to its necessity and as authorities become more vigilant.

Condensed Milk.—Ordinary condensed milk contains a large excess of sugar. It is convenient as a temporary substitute for fresh cow's milk, when this cannot be obtained. The unsweetened kinds are preferable, and, in conjunction with Savory & Moore's Food satisfactory results may be obtained, but its continued use for infants is not recommended.

Starch Foods.—It is necessary to warn mothers and nurses against the use of starch or farinaceous foods—that is, foods consisting entirely of starch or containing a very large percentage of it. Such foods are quite unfit for infant feeding. This is because in the early months of infant life the power to digest starch is very feeble; also because starch is destitute of protein, which, as we have already seen, is absolutely necessary for all vital processes. Infants fed on such foods grow pallid, feeble, thinner and thinner, and simply starve.

Arrowroot, cornflour, sago, and tapioca consist almost entirely of starch. They are largely used by the poor, possibly from their appetising, gelatinous appearance when cooked. On the other hand, we must not forget that starch is one of the most valuable food-products in nature, and is the chief ingredient in wheat, barley, oats, and all other cereals. Ordinary wheaten flour contains as much as 70 parts of starch in every 100 parts. It belongs to the same important group of carbohydrates as sugars and dextrans, which we mentioned when considering the essentials of an

infant's dietary. The starch of food is converted by the nursing mother into milk sugar. In the case of Savory & Moore's Food, which is not a farinaceous food when prepared according to the directions, by the action of malt diastase, starch is converted into malt sugar and dextrin, which are just as digestible and valuable as milk sugar. This change occurs in the preparation of the food for use when it is mixed with warm milk and water.

By increasing the proportion of diastase all the starch present in the food could be so converted, but a small residuum is designedly left. This residuum for the earlier months is a mere trace, less than one part in 200 in the prepared food. On referring to the table on page 10 it will be seen that a mixture of barley-water and milk, which is commonly given to babies a few days old, contains a much larger proportion of starch and is also deficient in the nutritive elements. The trace of starch in the food serves a number of useful purposes. It has the property of dividing and rendering easily digestible the curd of milk, the purpose for which the old-fashioned barley-water was chiefly used. It also helps to educate, as it were, the infant's digestive apparatus to deal later on with starchy food. And, finally, it promotes the general health of the infant by encouraging the growth of non-putrefactive lactic acid organisms in the bowels.

In support of this view, valuable independent scientific evidence has recently been published. That the principle is productive of excellent results has long ago been amply established in Savory & Moore's very wide experience, through the observations of medical men, nurses, and other competent correspondents.

See an excellent paper in *The Lancet*, Nov. 6th, 1909, page 1343.

Directions for Making Savory & Moore's Food

TO MAKE ONE PINT (20 OUNCES) OF PREPARED FOOD.

Age in Months.	Dry Food in Tablespoonfuls.	New Milk.	Water.
1 or 2	1 level..		
3 to 5	2 " .. }	$\frac{1}{2}$ pint	$\frac{1}{2}$ pint
6	3 " .. }		
7 and 8	2 heaped {	$\frac{3}{4}$ pint	$\frac{1}{4}$ pint
9 and upwards }	3 " .. }	1 "	none
ADULTS	3 " .. }		

Mix the Food into a smooth paste in a jug with a quarter of a pint of COLD MILK. Then heat the remainder of the MILK AND WATER to boiling and pour it with constant stirring on the thin paste. Add about $\frac{1}{2}$ an ounce (the size of a walnut) of butter (not margarine) and a level tablespoonful of sugar. Set aside in a warm place for $\frac{1}{2}$ an hour. Stir, and the Food is ready for use. Discontinue the sugar after the fifth month.

The ordinary large domestic tablespoon is meant. "Level" means scraped level with a knife edge without pressing the Food down. "Level," it holds $\frac{1}{2}$ an ounce; "heaped," $1\frac{1}{4}$ ounces of dry Food.

FOR YOUNG AND DELICATE BABIES it is often desirable to use 4 tablespoonfuls (3-ozs.) less of milk in the pint of prepared Food and 4 tablespoonfuls more of water, and to boil the Food after it has stood for the half-hour.

By preparing the Food at a temperature of 140° to 145° F., the full action of the malt with the greatest production of soluble nutrients is ensured. The starch is converted into soluble and digestible malt sugar and dextrins by the action of the diastase present in the Food. The digestibility of the milk is materially assisted. The destruction of any possible disease germs in the milk is also secured, as well as the preservation of the natural enzymes and vitamins of the milk and Food.

The quantity required for a meal should be poured into the child's bottle and warmed to the right temperature (viz. that of the body, about 99° F.) by standing the bottle in hot water, or by heating in a saucepan.

The bottle recommended is **Savory & Moore's "Valveless" Feeder** (see p. 58), which for convenience in measuring the prepared food is graduated in fluid ounces and domestic tablespoonfuls. The domestic tablespoonful measures over three-quarters of an ounce. In feeders of other makes the tablespoonfuls measure half an ounce, so that unless this fact is borne in mind the child may be underfed.

It is a good plan to keep a little water hot during the night, for warming the Food as required; *but the Food itself must on no account be kept hot in a food warmer, vacuum flask, or by other means, or the milk will turn sour.* This causes diarrhœa and vomiting, for which the Food is unjustly blamed.

The quantity of Food that a child takes for a meal varies according to its age and appetite. In our opinion it is better to leave a good deal on this point to the discretion of mothers and nurses, as no two children are alike; but the following table will be found a useful guide under ordinary conditions.

Quantity of Prepared Food for an Average Meal.

(NOTE.—Many Babies require rather more or less than these quantities.)

Age.			Table- spoonfuls	Fluid Ounces.	No. of Meals in 24 hours.
1 Month	..	3	or	2½	6 or 7
2 Months	..	4	..	3¼	6 or 7
3	..	5	..	4¼	6
4	..	6	..	5	6
5	..	7	..	6	6
6	..	8	..	6¼	5
7 & 8	..	9	..	7½	5
9 & 10	..	10	..	8½	5
above 10	..	10 to 12	..	8½ to 10	—

An ordinary medicine tablespoonful measures half an ounce, but the domestic tablespoonful measures

nearly an ounce, and *it is to the usual domestic table-spoonful we always refer in the directions for use.*

The addition of butter or cream is recommended in order to bring the fat up to the standard of mother's milk. If either is difficult to obtain, a quarter-teaspoonful of cod liver oil may be given three times a day. These additions are useful in preventing constipation or rickets.

Fruit Juice.—A little fresh uncooked Orange or Tomato Juice is a valuable antiscorbutic, and should be given daily.

At what age to begin.—As to when the use of the Food should be commenced, opinions vary. Infants are frequently reared upon it from birth. Many people begin with excellent results from the month, and we have drawn up the accompanying time table commencing from the month. The plan of giving the baby no food during the night is now advocated by most doctors. If restless a little water may be given.

Daily Time Table for Feeding.

1 Month.	2 to 3 Months.	4 to 5 Months.	6, 7 and 8 Months.	9 and 10 Months.
4 a.m.	4 a.m.	7 a.m.	6 a.m.	6 a.m.
7 "	7 "	10 "	10 "	10 "
10 "	10 "	1 p.m.	2 p.m.	2 p.m.
1 p.m.	1 p.m.	4 "	6 "	6 "
4 "	4 "	7 "	10 "	10 "
7 "	7 "	10 "		
10 "	10 "			

NOTE.—Keep to regular hours, but train the Baby to sleep on and do without the 4 a.m. meal as soon as possible. At six months gradually change to the new hours.



Miss Chapman. Aged 14 months.



Hilda. Aged 13 months.

Precautions with Milk.—The greatest care must be taken with milk to insure its being free from all taint of sourness or decomposition, the merest trace of which will set up fermentation in a whole bottleful, especially in hot weather, and will induce an attack of diarrhoea.

With regard to boiling the milk, one of our most distinguished children's doctors always advocates it, as making it more digestible by lessening the curd coagulation, and he says that, when given with Savory & Moore's Food for Infants, he has never known a case of scurvy in all his large experience. On the other hand, many doctors, especially in the light of the most recent researches on the composition of milk, object to its being boiled, as boiling materially alters the character of the milk, impairing the anti-scorbutic property that it possesses when fresh. Infection is often conveyed by milk, and this is one reason why boiling has been advocated, as it destroys the disease germs. If the milk or the prepared Food is boiled the baby should be given a little fresh orange juice daily.

But we now know that the process of Pasteurisation, which consists in maintaining the milk for half an hour at a temperature of 160° F. (a temperature far short of boiling, 212° F.), is sufficient to destroy disease germs, and does not impair the properties of fresh milk already referred to. The somewhat lower temperature, 145° F. at which the Food is prepared also destroys possible disease germs, but does not destroy the vitamins.

Boiled Milk.—If for any reason it is desired to boil the milk used, care must be taken that the Food shall be prepared at the proper temperature (140° to 145° F.). The milk may be boiled first and allowed to get quite cold before taking the Food; or the Food, prepared in the ordinary way, may itself be boiled. It is important that the prepared Food should first have been kept warm for half an hour or so before boiling to secure the full action of the malt.

Citrate of Sodium greatly helps the digestion of milk and prevents the formation of curd, which causes wind. Four 3-grain tablets may be added with advantage to each pint of the prepared Food. They dissolve readily in water if broken up. The tablets are supplied by Savory & Moore in bottles.

The foregoing directions are, we think, sufficiently easy to follow. We say again, however, that no two babies are alike, and that discretion must be exercised. We have given the quantities of the Food that we think suitable, and they may be increased, of course; but the best results are obtained on these lines.

Weaning and Mixed Feeding.—Savory & Moore's Food causes no disagreement whatever with the mother's milk, and its use may be begun while the child is still being nursed, if need be. The mother will find it a great help to accustom her baby to take one bottle daily from the month.

When this plan is adopted, weaning offers no difficulties, as the number of bottles can be gradually increased until the mother's milk is entirely superseded.

For Nursing Mothers.—Nursing mothers who wish to maintain an abundant supply of nourishing milk find a gruel made with Savory & Moore's Food (see page 57) infinitely more nutritious than gruel made with ordinary oatmeal, and not so fattening. The abundance of the flow of milk as well as the quality of the milk are, consequently, both improved by its use. In this respect Savory & Moore's Food is far better than stout and other popular drinks, which are merely stimulants and not foods, and are often found to be a source of stomachic trouble of a fermentive kind, reacting injuriously upon the baby.

For Invalids, Convalescents, the Aged, etc.—Savory & Moore's Food is an ideal Food, not only for infants, but for Invalids, Convalescents, the Aged, and all whose digestive powers are weak. It has just the qualities needed in such a food, being highly nourishing,

easily digested, and very pleasant to take. It can be prepared in a great many different ways, and the invalid does not quickly tire of it, as is so often the case with similar foods.

Sufferers from sleeplessness find the Food of great benefit when taken the last thing at night, as it brings a good night's rest, free from digestive disturbances.

CONSTIPATION

Infants, whether breast-fed or hand-fed, are liable to suffer from this troublesome complaint. It is frequently the result of the child not receiving sufficient food, which means that the bowels have insufficient material to deal with. It is not advisable to lay down any hard and fast rules as regards quantity. The table given on page 21 is based on the average requirements of children, but some may require more and others less. Do not force an infant to feed. It is generally safe, however, to give as much food as the child will take and can properly digest. With breast-fed children constipation is sometimes due to a deficiency of fat in the mother's milk. The mother may in such cases correct matters by altering her diet and increasing the fat element in her food. She should take, for instance, more milk, or if it is obtainable, richer milk, perhaps fortified with a percentage of cream; or again, she may take for a time cod liver oil. At the same time she should be particularly careful to guard against any tendency in herself towards the same complaint.

With bottle-fed children constipation may also be due to a deficiency of fat. The addition of butter or cream to each bottle of food is therefore to be recommended. If neither is obtainable, olive oil or cod liver oil may be given in its place, the usual dose being about half a teaspoonful twice a day before a meal.

Some children do not suffer from constipation as long as they are fed at the breast, but begin to do so when weaned. This is generally due to the fact that

the curd of cow's milk is very much more difficult to digest than the curd of mother's milk. It is in cases of this kind that Savory & Moore's Food is particularly beneficial. Amongst other properties, it has that of being able, partly mechanically, to break down the curd of cow's milk into as fine a state of subdivision as it is in mother's milk, consequently rendering it more easy of digestion by an infant's immature digestive powers. Citrate of Sodium also helps the digestion of milk, and Messrs. Savory & Moore prepare special tablets of this remedy for use in these cases (see page 26). In cases of acidity and sickness arising from indigestion, Savory & Moore's Magnesia Cordial (see p. 59) is a valuable remedy. Being mildly laxative, it is also very useful in the early stages of teething when constipation is liable to occur.

When constipation will not yield to changes in diet, other measures must be resorted to, and gentle massage of the stomach is strongly to be recommended. The rubbing with gentle kneading should be elliptical, following the course of the bowel, and starting therefore from right to left. The Nurse should slightly oil or grease her hand before the massage is commenced, and it is best done in the morning after bathing.

Of course there are many other remedies, such as enemas of warm water or of glycerine or olive oil, but before measures of this kind are adopted it is always better to consult a medical man. Strong medicines such as castor oil or calomel should only be given under medical advice.

There are, however, certain simple remedies which may always be adopted with safety. A small quantity of Demerara sugar may be given with advantage, and Savory & Moore's Magnesia Cordial and Savory & Moore's Fructolax are both useful. The latter is a soothing laxative, the basis of which is a Hydrocarbon Jelly, carefully purified for internal use. It acts purely mechanically, and, as it is absolutely innocuous, it may be taken by all, including delicate children and invalids. If constipation is due chiefly to want of

muscular power or tone in the large intestine, preparations of this kind will often prove beneficial.

As a guide for young mothers it may be as well to mention that with infants during the first two months of life there should be as a rule two to four motions daily. After two months generally about three, and they should gradually acquire more consistence. The colour of an infant's motions should resemble that of mustard, and there should be no sour smell.

Where Savory & Moore's Food is given from the first, the healthy state of the motions and absence of constipation is constantly a source of favourable comment by mothers and nurses.

WEIGHT

The usual weight of an infant at birth is from 6 to 8 lb. During the first six months of life there should be a weekly increase of from 5 to 8 oz., so that the weight at birth is doubled by the fifth month and trebled at the twelfth. If the weekly increase during the first six months falls below 5 oz. it points to too little food being assimilated. From six to nine months the weekly increase usually falls to about 6 oz., possibly on account of disturbance set up by teething.

The average increment in weight will be found in the Weight Chart given. A child weighing 7 lb. at birth should weigh 12 lb. at three months, 14 lb. at five months, and 21 lb. at the year, and the chart is calculated from these increments; but, of course, it must not be interpreted too rigidly, and there may be considerable fluctuations in weight in perfectly healthy infants. Any departure from the normal weight should, however, be watched. A baby weighing, say, 6 lb. at birth will only increase in proportion to its initial weight, and may fall some pounds short of the chart weight of 21 lb. at the end of the year. In the first few days after birth there is usually actual decrease in weight, and therefore the progress made during the first fortnight is not considerable.

Weight Chart

Fortnightly Weighings.

Name

Date of Birth.....

Normal Weight.			lb.	oz.	Date.
lb.	oz.				
7	0	Weight at birth			
7	6	A fortnight after			
8	4	At 1 month			
9	3	„ 1½ „			
10	2	„ 2 „			
11	1	„ 2½ „			
12	0	„ 3 „			
12	8	„ 3½ „			
13	0	„ 4 „			
13	8	„ 4½ „			
14	0	„ 5 „			
14	8	„ 5½ „			
15	0	„ 6 „			
15	8	„ 6½ „			
16	0	„ 7 „			
16	8	„ 7½ „			
17	0	„ 8 „			
17	8	„ 8½ „			
18	0	„ 9 „			
18	8	„ 9½ „			
19	0	„ 10 „			
19	8	„ 10½ „			
20	0	„ 11 „			
20	8	„ 11½ „			
21	0	„ 12 „			



Savory & Moore's Food makes strong, sturdy limbs.

HEIGHT

			Inches.
Average height at birth	..	..	19 or 20
Average height at 6 months	..	..	27
Average height at 1 year	..	..	31
Average height at 4 years	..	..	37
Average height at 6 years	..	..	43

MUSCULAR DEVELOPMENT

The infant should be able to grasp objects placed in sight, and to hold up its head when the body is held in the erect position, at from	..	..	..	Months.
				4 to 4½
Should be able to sit up for a few minutes at				7
Should begin to crawl at	..	..	..	10
Should begin to stand and soon afterwards to walk at from	..	..	..	12 to 15

TEETHING

The teeth are usually cut in pairs, the following table being an approximate guide as to date. Very late teething is a sign of rickets.

The two lower middle teeth should be cut at from	..	..	..	..	Months.
					6 to 8
The four upper middle teeth should be cut at from	..	..	..	..	8 „ 12
The two lower side middle teeth (lateral incisors) should be cut at from	..	..			8 „ 10
The four back teeth (anterior molars) should be cut at from	..	..	..	..	12 „ 15
The four eye teeth (canines) should be cut at from	..	..	..	..	16 „ 24
The other four back teeth (posterior molars) should be cut at from	..	..	..		24 „ 30

Many children cut their teeth with little or no trouble; others get slight attacks of feverishness, diarrhoea, eczema, etc. Be most careful not to expose the child to draughts, and keep the bowels gently open. If there is much dribbling, keep the child well supplied

with dry bibs, or let him wear a jaconet underneath to prevent saturation of the clothing over the chest, a frequent source of bronchial attacks.

A baby will enjoy occasional teaspoonfuls of cold water if restless at night or when teething. In hot weather babies suffer as much from thirst as their elders.

When the teeth have come they should be regularly cleaned with a soft brush, morning and evening. This cleaning of the teeth should not be neglected, as a healthy condition of the permanent teeth depends very largely upon the careful treatment of the milk teeth. Rubber infant "soothers" should not be used.

CLEANLINESS

Extreme cleanliness is very important for a baby's welfare. All feeding-bottles¹ and teats must be kept scrupulously clean. Neglect of this precaution is often the origin of infantile diarrhœa, the cause of the greatest mortality amongst babies. When not in use leave them after thorough cleansing in pure water. Bottles with tubes should never be used. The tubes are extremely difficult to keep clean, and the air the child sucks in with its food causes flatulence and sickness. Soiled napkins should be changed as soon as possible, and they must always be well boiled and rinsed in pure water.

BATHS

A warm bath should be given every night, the child being well soaped all over, and in the morning baby should be sponged all over with tepid water. The soap used should be "super-fatted" and quite free from excess of alkali. The best for the delicate skin of an infant is Savory & Moore's Molfa Soap, which contains lanoline or wool fat, and is most soothing and pleasant to use. Extreme care should be taken to dry all the creases and folds of the skin—by dabbing, not by

¹ See page 58.

rubbing—using a soft Turkish towel for the purpose; finish by well powdering with a perfectly pure vegetable violet powder. See page 39. The mouth and eyes should be cleaned daily with boracic lotion.

It is important to remember never to give baby a bath directly after a meal, but to wait at least an hour. The temperature of the warm bath should at first be 98° F. This may be gradually lowered until at six months it is 90°. A hot bath should be from 100° to 105° F. In summer the temperature of the morning bath may be lowered to 80°. A child should be gradually accustomed to the use of cold water as he grows older, as it strengthens the body and prevents chills.

SLEEP

A mother should encourage her baby to take as much sleep as possible, for sleep is as essential as food to recuperate the vital wear and tear. All children up to the age of six years should be made to lie down for a rest in the middle of the day, especially if inclined to be nervous or delicate. A baby should never be allowed to sleep in the same bed as the mother. It should from birth have a separate bed or cradle. When sleeping with the mother the child breathes impure air, and is liable to be suffocated by overlaying, or too close pressure of the mother when asleep. Many infant lives are lost annually in this country from that cause. In very cold weather a hot-water bottle should be placed in the bed, but not in contact with the child. Woollen bed clothing should be used, not linen or cotton sheets, as babies require plenty of warmth.

VENTILATION

An abundant supply of pure air, day and night, is essential for a baby's well-being. A child may be starved for want of air, as well as for want of food. Air supplies the oxygen which is necessary to maintain life and build up the body. The nursery should have a sunny aspect and be well ventilated day and night.

The temperature by day should be about 60° F., at night about 58° F. In a state of health, provided the body and extremities are warmly clad in woollen clothes, cold air will do no harm, but direct draughts on exposed parts of the body should be avoided. Sunlight is a potent agent for the prevention and cure of rickets.

EXERCISE

Nowadays most people recognise the vital importance of open-air exercise for children as well as adults. The circulation is stimulated, the blood oxygenated and purified, the animal heat and vitality and consequent ability to resist disease are increased by exercise. Digestion and assimilation of food are also largely aided. In fine weather, provided the wind is not easterly, the baby should be taken out of doors for a few minutes as soon as possible, the outing being gradually prolonged. Babies of six months and upwards should be kept as much as possible in the open air. Cold will not do them any harm, provided their legs and bodies are kept warmly covered, wool being worn next the skin. Under six months some care is necessary.

If too cold for baby to be taken out it may be carried about indoors wrapped in a shawl, and if the house is kept well ventilated the child will not suffer. As baby gets older allow plenty of exercise. Do not discourage noise, as singing and shouting develop the lungs, and a healthy child should not be too quiet. Children should not be allowed to tire themselves out walking. No child under three should walk over half a mile at a time, and, unless very thin and light, no child should walk before fifteen months. At six months old baby may go out in the perambulator from 11 a.m. to 1 p.m. and from 2 to 3.30 p.m., in winter; in summer, from 9.30 to 11.30 a.m. and 3 to 5 p.m. To keep the spine quite straight, do not allow baby to sit up much. The head and eyes should be protected from the direct rays of the sun.

VACCINATION

Babies should be vaccinated only when in good health, and it is desirable to choose one of the cooler months. Under modern conditions, with glycerinated calf lymph, no anxiety need be felt. If there is danger of smallpox, the baby may be vaccinated when only a few days old, as the disease is very fatal to young children. After vaccination a pad of antiseptic gauze may be fastened round the place and allowed to remain on. The spots should on no account be rubbed or broken.

DIETARY FOR OLDER CHILDREN

At 10 to 12 months, when a baby has been nursed by its mother, the supply of milk diminishes and becomes poorer in quality. This is Nature's indication that weaning should take place. In the case of infants brought up on Savory & Moore's Food, the often troublesome process of weaning is avoided and there is no break. All that is necessary is now to introduce some variety in the diet, and increase the amount of nutriment. The following suggestions may serve as a guide :—

From 10 to 12 Months.

- At 7 a.m. Savory & Moore's Food, prepared according to directions on tin, 10 to 12 tablespoonfuls ($8\frac{1}{2}$ to 10 oz.).
- „ 10 a.m. Ditto.
- „ 1 p.m. A lightly boiled egg, with stale bread-crumbs, and a cup of boiled milk. As an alternative, the egg may be made into a custard with half a pint of milk. Or, instead, occasionally, some good beef-tea, or some gravy from a joint, with stale bread-crumbs.

At 4 p.m. Savory & Moore's Food, prepared according to directions on tin, 10 to 12 tablespoonfuls ($8\frac{1}{2}$ to 10 oz.).

„ 7 p.m. Ditto.

At 12 months the bottle must be gradually discarded.

From 12 to 18 Months.

At 7 a.m. Savory & Moore's Food, prepared according to directions on tin, 12 tablespoonfuls (10 oz.).

„ 10 a.m. Ditto, or a lightly boiled or poached egg, with 10 oz. boiled milk.

„ 1 p.m. Beef-tea or gravy, as from 10 to 12 months, with bread-crumbs, and a cup of custard pudding.

„ 4 p.m. Savory & Moore's Food, prepared according to directions on tin, 12 tablespoonfuls (10 oz.).

„ 7 p.m. Ditto.

It is undesirable to feed children between meals; but a little of Savory & Moore's Milk Chocolate may be given at bedtime, or occasionally after a meal.

From 18 Months to 2 Years.

At 8 a.m. Savory & Moore's Food, prepared according to directions on tin, 12 tablespoonfuls (10 oz.); in addition, a lightly boiled egg and a little thin bread and butter.

„ 1.30 p.m. Beef-tea or gravy with toast or bread-crumbs, and a custard pudding, which may be alternated with a rice, sago, batter, suet, or Yorkshire pudding. Cooked fruit, but no pastry of pies or puddings. Jam is also wholesome and good.

At 4.30 p.m. Savory & Moore's Food, prepared according to directions on tin, 12 tablespoonfuls (10 oz.), with a biscuit or bread and butter.

„ 7 p.m. Milk pudding, or cup of bread and milk.

For the 1.30 p.m. meal, as an alternative to beef-tea, half an ounce of underdone fresh butcher's meat, or some white fish, or chicken, all well pounded up with bread-crumbs, may be given; or a little mealy potato or cauliflower, or other well-boiled green vegetable, well mashed with plenty of gravy.

After the age of 2 years, when generally the milk teeth have been cut, more variety in diet may be introduced at discretion; but Savory & Moore's Food, or other forms of milk food, should form the staple part of the diet, and meat should be given every day.

At 4 years old, a little fat bacon at breakfast is a useful addition to the dietary.

Fruit.—After 18 months, bananas or strawberries crushed with cream and sugar, and oranges and grapes freed from pips and membrane, are very good for children. All other fruit should be cooked.

To Make Beef Tea.—Finely shred $\frac{1}{2}$ lb. of beef, free from fat. Soak for half an hour in $\frac{1}{2}$ pint of cold water in a jar with a little salt, mixing thoroughly. Tightly cover, place the jar in a saucepan containing water, and heat it to 150° F., not over, for an hour. Then turn out of the jar into a saucepan and heat rapidly till the red, uncooked appearance goes, remove immediately from the fire and squeeze out the tea for use.

Raw Beef Juice.—Mince finely $\frac{1}{4}$ lb. of fresh beef, free from fat, add half a teacupful of cold water; mix well, cover, and let it stand for an hour; strain with pressure through doubled washed muslin. The addition of a little syrup of lemons or lemon juice makes it more palatable. Avoid the use of heat, which would coagulate the albumen and destroy the antiscorbutic element.

Fruit Protein.—In hot countries, where fresh meat is not obtainable, a substitute for raw meat juice may be prepared by well mixing the juice of an orange with the raw white of an egg, both quite fresh, and straining through muslin.

Meat Essence.—A cheap and nourishing substitute for expensive meat essences may be made thus : Mix the white of one new-laid egg with two or three ounces of water, and strain through muslin. Flavour with a little Marmite (Yeast Extract) dissolved in warm water; or, if for a baby, sugar may be used instead. It must not be heated sufficiently to coagulate the white of egg. Useful in diarrhœa, etc.

Cod Liver Oil.—Contains more of the rickets-preventing vitamin than any other substance known. It is a valuable food and should be given freely in small doses to all babies. An excellent substitute for fresh cream or butter.

Barley Water.—Boil two teaspoonfuls of washed pearl barley in a pint of cold water, down to about two-thirds of a pint, and strain.

Molfa Soap.—Savory & Moore's Molfa Soap is especially adapted for preserving the natural soft and supple texture of the skin and is thus particularly suitable for nursery use. It may be freely applied to the most sensitive skin without risk of injury.

Fructolax.—This is a soothing Laxative prepared from a carefully purified Hydrocarbon Jelly pleasantly flavoured with fruit. It acts purely mechanically as a soothing lubricating agent, and is especially suitable as a laxative for children on account of its agreeable flavour. It is perfectly harmless and may be taken freely even by delicate children and invalids. Having none of the purgative properties of a drug, it does not weaken the natural functions.

Samoores Antiseptic Baby Powder.—A soothing and cooling antiseptic Dusting Powder. Used after washing, it will keep the skin soft and velvety, and will not harm the most delicate skin. Tins 1s.



Stella. On her 5th birthday.

CHILDREN'S AILMENTS

In the following pages we give the usual symptoms of the complaints and diseases to which children are liable. Some hints on treatment are added; but in serious cases this treatment is only of the nature of "first aid," pending the arrival of the doctor. We believe that mothers, and those responsible for children, will find this most useful information. By the early identification of any ailment, and by prompt recourse to medical advice, a child's life may be often saved; whilst, on the other hand, unnecessary alarm may often be allayed or prevented.

Adenoids.—The symptoms in infants are mainly those of a chronic cold in the head. Breathing is chiefly through the mouth, which remains open, producing, if long continued, changes in the face, mouth, and chest. Expression is dull, heavy, apathetic. Lips are thick, nostrils small and pinched-in looking. The child's sleep is disturbed and respirations are loud.

Other symptoms are stunted growth, anæmia, deafness, and mental dulness. Child may have sensation of existence of a foreign body in the air passages.

Children should be trained from their earliest days to breathe through the nose, and if necessary the mouth should be closed by the nurse during sleep. The air is warmed and purified before reaching the delicate lungs by passing through the nasal cavities. If the child cannot breathe through the nose adenoid growths are probably present, and may have to be removed by a surgeon. They keep a child in a chronic state of debility and ill health, with a great tendency to take cold. It is often surprising how a child's health and appearance improve after adenoids have been removed.

Bowel Protruding (Prolapse).—This often occurs in children after straining. Lay the child down and press the bowel gently back with a wet sponge, or apply a little vaseline on lint and press it back. Prevent constipation, and do not allow the child to sit long at a time on the vessel. Keep the child in bed for a day or two after a prolapse.

Bow or Bandy Legs.—The bones of a young child are soft and easily bent. If any tendency to bow legs is seen, the child should be prevented from walking at all until the bones have got strong and firm. Cases of bow legs may require to be treated surgically. They often indicate a tendency to rickets.

Bronchitis.—May begin with an ordinary feverish cold, which gradually spreads downwards. Temperature often rises to 103° or 104° . Laboured breathing, the nostrils dilating with each breath. Very troublesome cough, usually continuing during sleep. (See Fever.)

Burns and Scalds.—Flannelette and other cotton fabrics ignite with great readiness, and frequently cause fatalities to young children. Non-inflammable flannelette can now be readily obtained, and should alone be used. See that it is guaranteed not to ignite even after repeated washing. It is now illegal to leave young children alone in rooms with fires not protected by efficient fireguards.

When accidents occur, before calling for help smother the flames with a coat, blanket, rug, or even your woollen dress. Give the child some stimulant and cover the burns with cotton wool or soft cotton rags rung out in clean cold water or Witch Hazel, and send for the doctor. Oils should not be used, as they cause sepsis. Expose the wounds to the air as little as possible. Great inflammation and exhaustion follow a bad burn or scald. The child must be handled with the greatest possible tenderness to avoid irritating the wounds, and kept warm in bed until seen by the doctor.

Chicken Pox.—Rash at first, made up of small red spots, filled with a clear watery fluid, which come out gradually in crops, especially abundant on the face, back, and head. They dry up, forming small scabs, which in about a week fall off.

The period of incubation is fourteen days, and the period of isolation should be continued for about three weeks, or until the skin is healthy again. Keep the child indoors, and to avoid permanent scars prevent it from scratching the spots. Keep the bowels gently open.

Chilblains.—If unbroken, great relief may be obtained by rubbing with Savory & Moore's Camphorated Cream. If the chilblains are broken they should be dressed with an ointment made of equal parts of zinc and boracic ointment spread on lint. Children subject to chilblains should be encouraged to run about as much as possible, and not allowed to warm their feet or hands before a fire.

Child Crowing.—Child has a spasm of the breath, stops breathing, clenches its hands, the face turns blue, and the child draws in its breath quickly with a crow. Often the result of a shock. Treat as for Rickets. If the attack is severe, dash cold water in the face, and slap the back with the palm of the hand.

Chills.—(See Fever, Bronchitis, etc.)

Colic (Intestinal).—Pain in the abdominal region, unaccompanied by any rise of temperature. The pain is generally most acute in the neighbourhood of the navel, where it usually originates, spreading subsequently to other parts of the abdomen. As a rule the condition is attended with constipation. There may be nausea and vomiting.

The bowels should be gently opened, the food plain and nutritious, and care should be taken not to over-feed the child. Savory & Moore's Magnesia Cordial (page 59) is a simple and efficacious remedy.

Common Colds.—Running at the nose or other signs of a cold. Keep the child indoors if the outside temperature is below 63°. The room should have a temperature of from 60° to 65°, with window or door open, but a draught must be avoided. If feverish, keep the child warm in bed. Should the nose be stopped up, some eucalyptus ointment may be rubbed about the top of the nose and a little inserted into the nostrils. A cold may often be checked if the child is given a hot bath and put to bed wrapped in warm blankets. Colds are often the first symptoms of measles.

Constipation.—(See page 27.)

Convulsions.—Attack may come on suddenly, without warning. More often it is preceded by restlessness, twitching, or grinding of the teeth. Spasm begins commonly in the hands. The eyes are fixed. The body becomes stiff, and the breathing is stopped for a moment or two. A doctor should at once be sent for. Pending his arrival, put the child into a hot bath (100° F.). At the same time apply a sponge soaked in cold water to the top of the head and forehead. After five minutes dry the child gently and put it to bed, with its head raised on a pillow. Keep the room quiet, cool, well ventilated, and darkened. If constipated, give a dose of castor oil.

Croup.—Child awakes in early morning with oppressed breathing, harsh, hoarse, croupy cough with a metallic ring, and huskiness of voice. The face is congested, and may be of a bluish tinge. The attack passes off abruptly, and may be repeated next night, and for several nights. Enlarged tonsils and adenoids are predisposing causes, and the condition is often associated with rickets.

During the attack treat as for Convulsions, give a hot bath, and apply cold water rags to the head and face. If very bad apply smelling salts to the nostrils. A teaspoonful of ipecacuanha wine, repeated if necessary, to make the child vomit, is beneficial.

Diarrhoea (Infantile).—The bowels are loose, the child passing an acid, greenish yellow liquid, containing in all probability lumps of undigested food. Later on the motion becomes colourless and resembles rice-water. The child suffers from pain and cramps, is very restless, and wastes rapidly, the face quickly becoming pinched and the eyes sunken. Other symptoms are fever, great thirst, and constant vomiting.

Infantile diarrhoea must on no account be neglected. When it occurs in summer time, a doctor should be consulted immediately. The most scrupulous care should be taken to keep all bottles and teats perfectly sweet and clean. If milk cannot be obtained quite fresh and cool in hot weather, the only safe course is to boil or Pasteurise it as soon as received (see note on Pasteurisation, page 25), so that all disease and putrefactive germs may be destroyed. In cases of diarrhoea keep the child in a cool airy place with a hot bottle to the feet if cold. The diet should be restricted, as the stomach requires a rest. The child should be kept scrupulously clean. In cases of collapse, small doses of brandy in warm milk may be given three times daily. The doses should be 10 drops for a baby of one month; 20 or 30 drops if older. Instead of the ordinary food give teaspoonful doses of a mixture of the white of one egg with a quarter of a pint of thin well-boiled barley-water every hour or two, or 3 teaspoonfuls of freshly made raw beef juice every 2 or 3 hours may be substituted. (See also Dysentery.)

Diphtheria.—The early symptoms are slight fever, lethargy, drowsiness, pallor, huskiness or hoarseness, and great prostration of strength. White, leathery-looking patches form on the tonsils and uvula. The neck glands are enlarged. Fever may be only moderate or the temperature may run up to 105° , and there may or may not be a rash.

The period of incubation is two days, and the period of isolation should last for four weeks at least.

Since the introduction of "Antitoxin" the mortality from this deadly disease has been lowered at least one-half. But everything depends upon the remedy being administered *very early*. Notify the doctor immediately. The nurse should be most careful to avoid inhaling the patient's breath, kissing it, etc.

Dysentery.—Discharge of blood and mucus from the bowels, with a good deal of straining and bearing down.

Dysentery is usually caused by a chill, and the bowels should be protected by a flannel stomach belt. Rest and the egg and barley-water diet (See Diarrhœa) are advisable, and a doctor should be consulted.

In severe case of dysentery and diarrhœa prepare Savory & Moore's Food according to the age of the infant, but without milk. This should be well boiled for several minutes. Add to each bottle of the Food a teaspoonful of isinglass jelly prepared as follows: Steep half an ounce of isinglass in a quarter of a pint of cold water for an hour or two, then add a quarter of a pint of boiling water and warm until the isinglass is dissolved. On cooling, it will become a firm jelly, and is then ready for use. In India and Eastern countries, where dysentery and diarrhœa are common complaints, this remedy has proved most valuable.

As soon as the acute symptoms have subsided, a return should be made to the Food, prepared with milk according to the directions given. Children brought up on Savory & Moore's Food are remarkably free from dysentery and such complaints.

Earache.—Otitis, or inflammation of the middle ear. Very painful. Persistent crying and rolling of the head from side to side. Thick yellow offensive discharge. Occurs during measles, scarlet fever, or even teething, and may result in deafness.

For persistent earache a doctor should be consulted, as the results are sometimes very serious. In slight

cases a little warm olive oil dropped into the ear frequently gives relief. Poultices are also useful.

Eczema.—Bright red moist surface, covered with dried-up discharge in the form of crusts or scabs, appears on the face and scalp, behind the ears, on the groins, and under the joints. Great irritation. Medical advice should be obtained.

Fever.—Rise of temperature, the amount of which can easily be ascertained by a clinical thermometer. To take the temperature, shake down the index of the thermometer until it is below the normal 98.4° , marked by an arrow. Then insert the bulb of the thermometer in the fold of the groin, the thigh being bent up so as to bury the instrument in the crease between the thigh and abdomen. Keep in position for three minutes. Or the bulb of the instrument may be inserted high up in the previously dried arm-pit, and the arm kept pressed against the side.

The thermometer is marked with a scale. Each of the longer marks represents one degree, and each of the smaller two-tenths of a degree. For instance, if the upper end of the mercury is one small line above 99, the temperature is 99.2° . The normal in health is 98.4° . In disease it sometimes rises to as much as 106° , or sinks to 93° .

The following signs are common to all kinds of feverish attacks: Restlessness and irritability; skin dry and hot, especially the head, which feels burning; dry, furred tongue, breath short and quick, and pulse fast. During the first year the pulse of a healthy child beats from 100-130 times a minute; second year, 110-125; from 2 to 5 years, 100-115.

Simple Feverish Attacks.—Simple feverish attacks are very common in young children. The temperature is quickly up and quickly down. A slight cold will often send the temperature up to 102° or 103° , quickly falling to 100° . Persistent high temperature points to something much more serious.

In all cases put the child to bed and keep the room at a temperature of from 60° to 65° F., and well ventilated. If bronchitis is suspected, or the cough is tight, keep the atmosphere moist by boiling water on the fire, or using a proper bronchitis kettle, and send for the doctor.

German Measles.—Discharge from the nose and eyes, with some fever. Rash appears on the first or second day coincidentally with the cold, unlike ordinary measles, in which the rash appears only on the fourth or fifth day. It attacks first the face, then the chest, and subsequently the entire body. The spots are circular, oval, slightly raised, and of a pinkish red hue; the colour is brighter than that of the measles rash, and the patches less crescentic in shape. The neck glands usually enlarge.

Very infectious. Keep the child in bed, give light food, and keep the bowels open. In convalescence give “Fructole” (see page 59), with or without cod liver oil.

Indigestion.—Babies with delicate stomachs often suffer from indigestion. A simple laxative and carminative, such as Savory & Moore’s Magnesia Cordial (page 59), will relieve the pain and flatulence. The bowels should be kept regular, and care must be taken with the food. The Food should be prepared according to the directions given on the label for “Young and Delicate Babies,” i.e. using a smaller proportion of milk and boiling the Food after it has been prepared. It is advisable to add a tablet of citrate of sodium also to each bottle. The child should be fed slowly and kept lying down for half an hour after each meal. Indigestion is often due to overtaxing the child’s digestive powers, and it is sometimes advisable to delay a meal for half an hour or an hour to allow the stomach to rest.

Jaundice.—Patient yellow all over. Urine porter-coloured; motions pale white. There may be sickness and constipation.

Sometimes the skin for some days after birth is yellow, but this usually passes away, especially if a small teaspoonful of castor oil is given.

Measles.—Coughing, sneezing, running at the eyes and nose, aching of the limbs, vomiting, and fever. The glands in the neck enlarge. On the third day the discharge from the eyes and nose is profuse, and cough may be very troublesome. Eruption of the characteristic crescentic red spots begins on the forehead and sides of the face and behind the ears, appearing later on other portions of the body. Temperature may reach 104° . Rash fades about the sixth or seventh day, fever suddenly drops, and convalescence sets in.

The period of incubation is about fourteen days, and isolation should continue for three weeks at least after rash.

Measles is very infectious, and will almost certainly be communicated to a child's companion even before the rash appears. The greatest care should be taken to avoid catching cold. Thick barley-water is soothing if the throat is sore. Keep in bed and give light nutritious food. Keep the bowels open gently. There is sometimes danger of inflammation of the lungs, eyes, or ears occurring as a complication. Measles often leaves the patient in a state of feeble health, which necessitates the use of tonics, such as cod liver oil or "Fructole." In such cases change of air is advisable.

Mumps.—Child complains of pain below the ear on one side, and there is some swelling of the neck and side of the cheek. Slight fever. In a day or two the other side becomes also affected. There is sometimes great difficulty in taking food, swallowing, and speaking. The flow of saliva is often increased. In any suspected case keep the child as warm as possible until the arrival of the doctor.

The period of incubation is twenty-one days, and the period of isolation should last until all swelling has gone—for four weeks at least.

Nettlerash.—Raised white lumps like the rash raised by a nettle sting, surrounded by a halo of congestion. Intense irritation.

Give a dose of castor oil and a warm soda bath (5 tablespoonfuls of bicarbonate of soda to 3 gallons of water), followed by gentle friction with olive oil.

Ophthalmia and other diseases of the eye are accompanied by pain, watering of the eye, inflammation of the lids, and there is generally a secretion which glues the lids together.

The eyes should be kept thoroughly clean by bathing with hot boracic lotion. A little vaseline will prevent the eyes sealing up at night. Diseases of the eyes require the early attention of a doctor.

Pleurisy.—(Inflammation of the covering of the lungs.) Unlike bronchitis, nearly always confined to one side of the body. Apply linseed poultices to the side, or paint with a weak solution of iodine. The doctor should be immediately notified, and the child kept in bed in a ventilated room at a temperature of 65° F.

Quinsy.—There is considerable fever and constitutional disturbance, with great prostration, delirium, soreness and dryness of the throat, with pain on swallowing. One or both tonsils may be affected, becoming enlarged, firm, dusky red, and puffy. There is much swelling of adjacent parts. The glands of the neck are enlarged, and the lower jaw fixed so that the mouth cannot be opened.

Apply hot fomentations to the neck. Keep the bowels open, let the diet be simple but light. A doctor's attention is necessary.

Rickets.—Irritability, restlessness, sleeplessness, profuse sweating of head and neck, particularly when the child is asleep. Nutrition is much impaired and digestive disturbances prominent. There is slight fever. The gait is feeble and unsteady. There is a general soreness of the body, which is so marked that

the child cries when moved. The skin is pale, the tissues soft and flabby. The head looks large, and the "openings" remain for a long time. Teething is late. The abdomen is prominent, and, when the child begins to walk, the legs become bowed or knock-knees develop. The child is often pigeon-breasted.

This troublesome disease is due to improper food, lack of air, sunlight, exercise, and cleanliness. Its prevention only needs the exercise of reasonable care on the part of the parent. It is most important that the child should have plenty of fresh air and be kept scrupulously clean. The use of Savory & Moore's Food is an unfailing safeguard, as, made as directed, it provides the vitamins to a deficiency of which in the diet rickets is often due. The diet should include cod liver oil, raw meat juice (see page 38), and fresh cream or butter. "Fructole" (page 59) is a useful tonic. Sunlight and cod liver oil are potent agents for the prevention and cure of rickets.

Ringworm.—The hair breaks off and falls, leaving one or more circular patches, about an inch in diameter. These patches appear scaly, and, if on the head, are covered with stumps of broken hair. They itch a great deal. The patches are seldom red or inflamed, but there may be an inflamed pustular border.

If on the body paint with tincture of iodine daily, if on the head shave for a couple of inches round the spot and apply the tincture, or white precipitate ointment may be gently but firmly rubbed in with a mop of cotton wool.

The child should be given "Fructole" and cod liver oil as a tonic. Isolate immediately in any suspected case.

Scalds.—(See Burns.)

Scarlet Fever (or Scarlatina).—Throat almost always affected, being very red and swollen. Rash comes out on second day as small red spots, which quickly spread until the whole skin becomes scarlet. Fever

slowly abates, and in a week should have entirely disappeared, when peeling of the skin commences. If suspected, notify a doctor at once.

The period of incubation is two days, and the period of isolation should continue until peeling of the skin is over, and throat is well—six to eight weeks.

Scrofula.—Irritability or inflammability of glands, which may become enlarged and remain so for a long time, suppuration, when it supervenes, taking place very slowly.

There may be discharge from the ears. The child is phlegmatic, and may suffer from eczema of the scalp, ear, and lips, or from inflammation of the eyes. Anæmia is generally present.

Attention should be paid to diet, exercise, and hygienic conditions.

Scurvy.—Is characterised by soft, livid, purple, spongy gums, that are sometimes so swollen as to protrude from the lips.

As in rickets, with which scurvy is so often associated, there is muscular feebleness and pallor, with tendency to syncope. Treat as for rickets. In both cases the cause is a deficiency of vitamins in the diet. Fresh orange juice should be given daily; if unobtainable, raw swede or turnip juice is recommended as a valuable substitute.

In cases of scurvy a change to a diet of cow's milk and Savory & Moore's Food begins to tell at once, and a great improvement is apparent in even so short a time as two or three days.

Sickness.—Slight sickness after meals is of no importance. Many children take their food too fast or in too great quantity. It is said that "sick babies always thrive," and this is easily understood if excess of food only is rejected, for excess of food if retained does harm. If there is a tendency to flatulence and acidity, add a tablespoonful of lime-water or a citrate

of sodium tablet to the bottle. Savory & Moore's Magnesia Cordial is a valuable remedy.

Temperature.—To take. (See Fever.)

Thrush.—Small white flakes or patches, generally surrounded by a red ring, appearing in clusters, and successive crops on the tongue, mouth, and lips. These symptoms are usually accompanied by fever, digestive disturbances, and intestinal troubles. Generally due to want of cleanliness, bad ventilation, dirty bottles, tubes and teats. These errors should be remedied. Give a dose of castor oil, wipe the mouth with a new piece of boric lint or a clean soft rag dipped in warm boric acid solution (5 grs. to the ounce) after each meal, and paint the patches with glycerine of borax four times daily.

Tonsilitis.—Begins with aching pains in the limbs and back, and shivering. The temperature may rise to 105°. Sore throat and difficulty in swallowing are early symptoms. The tonsils are swollen and the glands in the neck enlarged, the tongue is furred, the breath tainted. The pulse and respiration are accelerated. The voice has a nasal twang. There is more or less prostration of strength. The child should remain in bed in a warm, well-ventilated room, under medical care.

Typhoid Fever.—Rare in infants. Besides fever there is diarrhoea. A few spots generally make their appearance on the abdomen about the tenth day of the illness.

Infection is frequently due to bad drainage. Children should not be allowed to play or linger near the sewer vents in the street.

Urine, Incontinence of ; Wetting the Bed ; etc.
—Sometimes due to worms, constipation, or general debility. Remove the cause if known. Circumcision may be desirable. In ordinary cases avoid giving the child much liquid near bedtime, and rouse during the night to pass water.

Whooping Cough.—Commences as an ordinary cold, or respiratory catarrh, the cough gradually becoming more pronounced and convulsive until the characteristic “whoop” is developed. The paroxysms of coughing are followed by vomiting. The face becomes swollen and congested during each attack while the veins become prominent and the eyeballs protrude.

Period of incubation eight days, and period of isolation should last until spasmodic cough and whoop have ceased for two weeks.

A highly infectious and most troublesome disease, liable to be complicated by bronchitis, pneumonia, etc. The child should be kept in a well-ventilated room at 65° F., and only allowed to go out if the shade temperature is well above 50°, and then only for a short time.

Savory & Moore's Food is of great assistance in maintaining strength during whooping cough. Constipation should be avoided. If complication arises, put to bed. In convalescence “Fructole” and cod liver oil should be given. In the summer, change of air to the seaside is beneficial. Delicacy remains usually for some months.

Worms.—Symptoms of the presence of worms are most prominent in nervous children, and take the form of restlessness, irritability, picking of the nose, grinding of the teeth, twitchings, or convulsions.

Thread worms ($\frac{1}{4}$ to $\frac{1}{2}$ inch long) are the most common kind, and will be found in the child's motions.

A simple treatment is to inject into the lower bowel a solution of salt and water (a tablespoonful to a pint), or an infusion of quassia of the same strength. This should be done night and morning for two or three days, taking care at the same time to keep the bowels open. Savory & Moore's “Fructole” and cod liver oil may be given as a tonic.

Round worms (4 to 12 inches in length) and tape worms (several feet long) sometimes occur, and should be treated by a doctor.



Happy and well, thanks to Savory & Moore's Food.



Basil. Reared on Savory & Moore's Food from 2 days old.

Recipes for Nourishing Dishes made with Savory & Moore's Food

Gruel.—Prepare as directed for adults (*see directions*) with or without sugar, butter or cream, as preferred. Salt may be added with advantage, or a lemon rind may be boiled with the Food if it agrees with the patient.

Porridge.—To make a plateful, take 2 tablespoonfuls of Savory & Moore's Food and make a paste with a little cold milk. Add this paste to half-a-pint of boiling milk, stir, and bring to the boil.

Blancmange.—Take 1 tablespoonful of Savory & Moore's Food and with $\frac{1}{2}$ pint of milk make a cup of the Food. Whilst hot add $\frac{1}{4}$ ounce of best gelatine, sweeten to taste, and add a few drops of any flavouring preferred. Pour into a wet mould and turn out when cool.

Sweet Omelette.—Materials required :—1 ounce of butter, 1 dessertspoonful of Savory & Moore's Food, 1 tablespoonful of milk, 1 tablespoonful of jam (warmed), 2 eggs. Mix the yolks of the eggs, milk, and food thoroughly in a basin, then whip up the whites stiffly and add lightly to the mixture. Make the butter hot in an omelette pan, turn in the omelette, and cook gently for two minutes. Then brown the top quickly in front of fire, or grill. Toss on to a paper covered with castor sugar; place the jam in centre, fold over and serve.

Chicken or Veal Cream.—Take $\frac{1}{2}$ pint of chicken or veal broth, a breakfast-cup of Savory & Moore's Food (prepared as gruel), $\frac{1}{2}$ ounce of gelatine, and pepper and salt. Dissolve the gelatine in the hot broth, strain it into the Food, season to taste, add one tablespoonful of cream, mix well, and then pour into a mould to set.

Beef-tea Custard.—Take $\frac{1}{2}$ pint of clear beef-tea, 2 eggs, 1 dessertspoonful of Savory & Moore's Food, salt and pepper. Mix the egg, seasoning, and Food together in a basin, pour in the hot beef-tea, and stir well. Butter a cup or mould, pour the custard into it, and gently steam or bake until set.

Batter Pudding.—Take 1 tablespoonful of Savory & Moore's Food, 1 tablespoonful of flour, 1 egg, and $\frac{1}{4}$ pint of milk. Mix the Savory & Moore's Food and flour together in a basin, break the egg into this and mix thoroughly, gradually adding the milk. Beat well and pour into a buttered cup or basin, with a piece of buttered paper just covering it. Steam carefully and gently for half an hour.

Savory & Moore's “VALVELESS” FEEDER

Savory & Moore's “Valveless” Feeder has been designed to overcome the disadvantages of the ordinary feeding bottle fitted with a valve. It is difficult to keep valves clean and sterile, and they are very liable to be mislaid. Accidents often happen through the baby withdrawing the valve and putting it in its mouth.

In Savory & Moore's “Valveless” Feeder the valve is entirely dispensed with. A minute hole enables the air to enter, and is so placed that leakage is avoided. By placing the thumb or finger over the hole the flow of food can be regulated as required. The teat is made of purest indiarubber. It is thin, tough, and very pliable, and can readily be turned inside out and cleaned. The teats are usually supplied with one leech bite. They can also be obtained with three leech bites or with one round hole.

Savory & Moore's “Valveless” Feeder is generally admitted to be the simplest and most satisfactory form of feeding bottle yet devised. Parents and nurses who use it speak of it in the highest terms.

Supplied with Teat and Cleaning Brush

Savory & Moore's MAGNESIA CORDIAL

For the Relief of

WIND, GRIPING PAINS, INDIGESTION,
SICKNESS, DIARRHŒA, CONSTIPATION, Etc.

SAVORY & MOORE'S MAGNESIA CORDIAL is a simple Laxative, Antacid, and Carminative, entirely free from Calomel, Opium, Laudanum, and other narcotic drugs.

In the many ailments of infancy, such as Wind, Sickness, Constipation, etc., caused by digestive troubles or through teething, it will be found invaluable alike by Mother, Doctor, and Nurse. Its soothing and warming properties prevent griping or pain arising from flatulence, and it is an excellent thing for regulating a baby's bowels.

THE MAGNESIA CORDIAL may safely be given even to very young infants. Full directions are given with each bottle. If desired it may be added to the food.

Bottles 1/3 and 3/-. Of all Chemists.

FRUCTOLE

(The New Chemical Food)

SAVORY & MOORE'S FRUCTOLE is an excellent tonic for *delicate* or *anæmic children*, those who are outgrowing their strength, and *adults* or *children* recovering from illness.

It combines the bone-forming Lime Glycerophosphate with the blood-enriching Iron Glycerophosphate and the highly nutrient substance Red Bone Marrow in a form that is easily assimilated and pleasant to take.

The Fructole is entirely free from the digestive disadvantages of the old-fashioned Chemical Food. It is delicately and pleasantly flavoured, and is readily taken even by the most fastidious children.

Bottles 3/- and 5/-,

SAVORY & MOORE'S

PEPTONISED

COCOA & MILK

A delicious and highly nourishing preparation of cocoa and milk, which has the advantage of being easily digested, even by those who are quite unable to take tea, coffee, or cocoa in the ordinary form. It is made in a moment merely by adding hot water. Neither sugar nor milk is required.

The Cocoa and Milk is excellent for a light lunch or supper, and a great boon to those who suffer from sleeplessness. A lady writes : " I think your Cocoa and Milk simply delicious, and since taking it I have had wonderfully good nights."

In one lb. and half lb. tins.

PEPTONISED MILK

It sometimes happens that delicate children cannot digest milk in any form and yet must be weaned. The use of peptonised milk, for a time, becomes in these cases a necessity, and Savory & Moore's Condensed Peptonised Milk is made specially for use in cases of the kind. It only needs dilution with hot or cold water. It is absolutely sterile and keeps well for a considerable length of time. For Invalids and the Aged, especially in cases of Gastritis, it is of the greatest benefit.

In one lb. and half lb. tins.

For Indigestion, Heartburn, Flatulence, Acidity, etc.

Messrs. Savory & Moore highly recommend Dr. Jenner's ABSORBENT DIGESTIVE LOZENGES, of which they are the sole manufacturers, as a remedy for HEARTBURN, FLATULENCE, and all DIGESTIVE DISORDERS which arise from acidity in the stomach.

These Lozenges are made from a formula of the celebrated Dr. Jenner. They are pleasant to take and perfectly harmless. One or two give immediate relief, even in the worst cases, and it is generally found that, after a short course of them, ordinary meals can be taken without fear of indigestion.

Dr. Jenner's ABSORBENT DIGESTIVE LOZENGES are very valuable in relieving that form of HEARTBURN so common during PREGNANCY.

DR. JENNER'S

Absorbent Digestive Lozenges

Boxes 1/3, 3/-, and 5/-. Of all Chemists.

Where to obtain Savory & Moore's Food

Savory & Moore's Food is supplied by all Chemists and Stores throughout the United Kingdom.

It may be obtained abroad of most Chemists and Dealers, and of or through the following firms in their respective districts :—

EUROPE

- FRANCE. Paris, British and American Pharmacy, 3 Rue Scribe
 " Pharmacie Anglaise, 62 Avenue des Champ Elysées
 " Scott et Cie, 38 Rue du Mont-Thabor
 " Roberts & Co., 5 Rue de la Paix
 Nice, Reilly & Co., 8 Rue Niepee
- BELGIUM. Brussels, Ch. Delacre & Cie, 14-18 Rue Villa Hermosa

ASIA

- INDIA. } Of all Chemists and Dealers throughout India and Ceylon
 CEYLON. }
 BURMA. Rangoon, E. M. de Souza & Co. ; Kooka & Co.
 { Singapore, John Little & Co., Ltd. ; Maynard & Co., Ltd.
 STRAITS SETTLEMENTS. } The British Dispensary
 { Penang, Pritchard & Co.
 Ipoh, "
 CHINA. Hong Kong, Hong Kong Dispensary (A. S. Watson)
 Shanghai, A. S. Watson, Nanking Street
- JAPAN. Yokohama, J. Curnow & Co., Ltd., 82 Yamashita-cho

AFRICA

- EGYPT. Alexandria
 Cairo, Stephenson & Co.
 " The New British Drug Co., Machraby St.
 Port Said } E. Del Mar
 } Pharmacien
- CAPE COLONY.
 ORANGE RIVER COLONY.
 NATAL. Durban, Stranack & Williams } All branches of Messrs.
 " Rhodesia. Bulawayo, Smart & Copley } Lennon, Ltd.
- TRANSVAAL. All branches of Messrs. Lennon, Ltd.
 Johannesburg, Sive Bros. & Karnovsky, Ltd.; Petersen, Ltd.
 Pretoria, Bones & Co.; Phillips & Co.
- BRITISH EAST AFRICA. Nairobi, Howse & McGeorge

AUSTRALASIA

- NEW SOUTH WALES. Sydney, Elliott Bros., Ltd.
 " F. H. Faulding & Co.
 " Washington H. Soul Pattinson & Co., Ltd.
- VICTORIA Melbourne, Felton, Grimwade & Co.
 " Duerdin & Sainsbury
 " Rocke, Tomsitt & Co.
- SOUTH AUSTRALIA. Adelaide, A. M. Bickford & Sons, Ltd.
 " F. H. Faulding & Co.
- WEST AUSTRALIA. Perth, Felton Grimwade & Bickford, Ltd.
 " F. H. Faulding & Co.
 " West Australian Apothecaries Store
- QUEENSLAND. Brisbane, Taylor & Colledge, Ltd.
 " Elliott Bros., Ltd.
- TASMANIA. Launceston, Fairthorne & Son
- NEW ZEALAND. Auckland } Sharland &
 Wellington } Co. Ltd. } Kempthorne
 " William Campbell Ltd., Manners St. } Prosser & Co.
 Christchurch, Wallace & Co. } (New Zealand
 " J. A. Coltart, 147 Fitzgerald Ave. } Drug Co.)
 " H. F. Stevens
 Dunedin

AMERICA

- CANADA. The National Drug & Chemical Co. (all branches)
 Montreal, Lymans, Ltd.; Kenneth Campbell & Co.; Sharland & Co.
 Toronto, The T. Eaton Co.; G. Tamblin Ltd.
 " The J. Stevens & Sons Co., Ltd.
 Hamilton, Parke & Parke
 Winnipeg, The T. Eaton Co.; Gordon Mitchell Drug Co.
 Calgary, Liggett's Findlay Drug Stores
 Vancouver, The National Drug & Chemical Co.
 " David Spencer, Ltd.
 Victoria, B.C., Duncan E. Campbell
- NOVA SCOTIA. Truro, F. C. Archibald, Chemist
- UNITED STATES. New York, E. Fougere & Cie, 90-92 Beekman Street
 " Van Horn & Sawtell, 15 and 17 East 40th Street
- JAMAICA. Kingston, E. D. Kinkaid, 20 King Street
- BRITISH GUIANA. Georgetown (Demerara), Booker's Drug Stores
- ARGENTINE REPUBLIC. Buenos Aires, T. Nevin
 " " Feeney & Co.
- CHILE. Valparaiso, Weir Scott & Co.
 " Arestizabal & Co.
 " Griffiths y Prentice, Casilla 34
 Santiago, Drogueria Francesa
 " Valenzuela y Torres, Casilla 190

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